

SOUTHAMPTON AGEING PROJECT (SAP)

The Southampton Ageing Project is a longitudinal and multidisciplinary study of ageing that began in 1977. The study has been carried out in two distinct phases. The first phase was a three year study, from 1977-1980, and was concerned with the investigation of the health and well-being of a sample of people, over the age of 65 years. Participants completed a medical and psychometric assessment in addition to a psychosocial questionnaire. The second phase of the study involved the follow-up of survivors with a particular focus on self-esteem and identity.

Listing of study variables & measurement of variables

Social and psychometric:

- depression scales (Wakefield Self-Assessment Depression Inventory; Montgomery-Asperg Depression Rating Scale)
- self-esteem scales
- life satisfaction variables
- activities of daily living
- household chores
- leisure activities

Cognitive:

- Wechsler Adult Intelligence Scale (among others)
- WAIS items- verbal, comprehension and digit span tests
- Rave's Progressive Matrices

Medical:

- activities of daily living
- height
- weight
- fat mass
- blood pressure
- cardiovascular questions
- respiratory measures
- hearing
- sight
- self-reported health measurements